

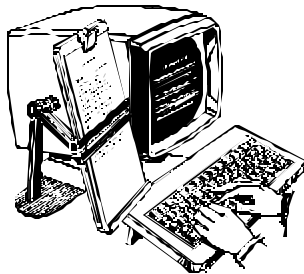


October 2001

Nutrition and WIC Services

## Automation News

Roger Lewis, WIC Project Manager



The procurement process to obtain a new WIC automated system continues. We are currently negotiating with several vendors who have submitted proposals. All of the proposed systems will meet our needs once some changes have been made. The negotiation process insures that we know what we are getting and that each vendor is clear on what we want. Oh yes, we also want the best price.

We have the names of many volunteers from around the state who want to participate in the design process for the new WIC system. Details are being worked out with the clinics and volunteers on travel and coverage. If you have not yet submitted your name but want to be involved, please contact Martha Hagen at 785-291-3161. There will be other opportunities in coming months.

## Coming Events

The project plan calls for a contractor to be on board in October and begin the first task of finalizing the project tasks and schedule. This schedule will allow everyone to have a better estimate of what will happen when. For the volunteers mentioned above this will likely confirm which December shopping days they will be in Topeka.

## The Ideal Environment for Promoting Health

From the *Fact Sheet For Professionals*, University of California, Berkeley Cooperative Extension and Nutritional Sciences



What would our communities be like if they were designed to promote a healthy lifestyle for children and adults of all sizes? How can we as individuals help achieve these ideals? Here are just a few ideas; you can add your own to the list.

- g** Sidewalks and bike paths would encourage walking and bike riding
- g** Every neighborhood would have accessible and safe parks for children and adults as well as accessible and safe schoolyards with play equipment.
- g** Parks and recreation agencies would sponsor a variety of activity programs at convenient times for children and adults.
- g** Community sports leagues would foster activities where children of all sizes could play on the same teams; learning skills and having a good time.

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- g Schools would have physical education programs for all children.
- g All schools would have comprehensive school health programs.
- g School breakfast and lunch programs would serve a variety of tasty, nutritious, fresh foods that appealed to children.
- g Children and adults would eat five servings of fruits and vegetables every day;
- g Preschool teachers, day care providers, and others who care for young children would model and promote healthy eating and exercising habits.
- g No one would spend more than a total of two hours a day watching television, playing video games, or using the computer for recreational purposes.
- g There would be school and neighborhood gardens where everyone could participate in growing, harvesting, and eating freshly picked fruits and vegetables.
- g Children and adults of all sizes and shapes would be depicted in a positive manner in the media.
- g Children, especially teenagers, would no longer feel pressured to achieve a thin, idealized body.
- g Every child would receive regular check ups and care from a health professional.



### The Parent-Child Feeding Relationship

Pat Dunavan, Nutrition Education Specialist

One of the most frequently assigned nutritional risk factors we see in the Kansas WIC program is inappropriate feeding practices. Looking more closely at the USDA definition for inappropriate feeding practices in children, you will discover that it targets issues directly related to the parent-child relationship.

During infancy, “demand feeding” allows the infant to associate feelings of hunger and satiety, or fullness with the beginning and ending of a feeding. This experience is very important in developing control of food intake.

By the time children are toddlers, they no longer benefit from “demand feeding” and need to experience structure and limits in feeding. As early as the preschool years, the environment and social setting begin to influence eating, and the timing of meals is not exclusively controlled by hunger cues.

Regularly scheduled meals and snacks are critical in developing healthy eating habits. According to Ellyn Satter, MS, RD, a leading nutritionist on child feeding, children should be given snacks and meals on a schedule. Children who are offered regularly scheduled meals and snacks and who are not offered other foods or beverages between meals, eat as much as 50% more at mealtime than those allowed to eat “on demand”. These children come to a meal hungry, are more focused on eating, and are better able to eat until they are full.

Satter provides the following advice for parents and caregivers to foster healthy eating practices in children:

*"...the parents are responsible for what children are offered to eat; children are responsible for how much they eat. If parents choose appropriate foods, provide structured meals and snacks, and guarantee a safe and pleasant eating environment for their children, they have fulfilled their responsibility. Children can then decide how much and if they eat."*



### **Tips to help parents achieve appropriate eating practices for kids**

#### Anticipate mealtime behaviors

Parents need to be taught what to expect when introducing new foods to children. Common toddler behavior includes refusing to eat, demanding snacks between meals, throwing tantrums during mealtime, and preferring to play or watch television rather than eat. When parents know about these behaviors, they are better prepared to deal with them. As a result, parents may not experience the frustration associated with these behaviors.

Setting rules helps to gradually eliminate inappropriate behavior at mealtimes. Some appropriate rules might include:

- T remaining seated during meals
- T using age appropriate eating utensils
- T not throwing food, and
- T keeping one's mouth closed when eating.

Expect gradual compliance to new rules; and be sure to praise good behavior.

#### Children are naturally neophobic

Neophobic simply means the fear of something new. At about 18 months, children are more aware of new foods. Children exhibit strong avoidance of new foods. Children can learn to accept new foods over time when it is offered repeatedly in a neutral manner. Research has shown that children, left on their own, rather than forced, are more likely to retry a new food.

#### Avoid using force or rewards

Avoid forcing the child to eat certain foods and do not reward the child for eating those foods. Forcing foods teaches the child to associate anxiety, rather than hunger and satiety, with eating. When food is used as a reward for eating certain foods (such as spinach) or performing an activity (such as picking up toys), the preference for the food used as the reward increases, while the preference for the other food decreases.

#### Don't totally restrict junk foods

Restricting foods is another form of parental control that may interfere with the child's ability to exercise self-control in feeding. Children base their food choices on likes and dislikes, and the major reasons for food preferences are familiarity and sweetness. Research has shown that restricting certain foods actually focuses the child's attention on the restricted food and increases his desire for it, and at the same time decreases the ability of the child to develop self-control in eating. The best practice is to limit portion sizes and limit how frequently these foods are offered.



Children learn by modeling

Children's food habits are affected by their parents' food habits and choices. Influence from parents and peers are powerful determinants of food likes and dislikes. When a food is served that the child has shown a dislike for, the parents should also eat the food. This shows the child that they enjoy the food. A child's dislike for a certain food can often be changed by having him eat with an older child who likes the offending food. These experiences, over time, seem to influence the acceptance of certain foods, and gradually the child learns to accept new foods.

The main goal in nutrition education and counseling to parents practicing inappropriate feeding practices is to emphasize the importance of recognizing and acknowledging their child's developing feeding needs. Children need to experience and interpret their internal cues in response to hunger and satiety. When foods are either forced or restricted, children are not given the chance to explore and learn how to self regulate their eating. The main focus should be on the feeding relationship and helping the child to develop healthy eating practices.



Local Agency News

**Welcome to these new employees:**

Anderson County: Linda Sears, RN  
Brown County: Arlene Long, RN  
Greenwood County: Debbie Coe, clerk  
Johnson County: Ruby Gomez, program aide  
Johnson County: Rebecca Bounds, program aide  
Johnson County: Martha Sprague, RD  
Leavenworth County: Eileen Bochsler, RD

Meade County: Becky Ross, clerk  
Meade County: Connie Byrum, RN  
Riley County: Ada Schmitz, clerk  
Riley County: Sara Napier, clerk  
Sedgwick County: Sam Gross, RD  
Shawnee County: Edith Lopez, RN  
Southwest KS. WIC: Brenda Hernandez, clerk  
Southwest KS WIC: Minnie Guterrez, clerk  
Wilson County: Patty Miller, clerk  
Wyandotte County: Sarah Soptic, clerk  
Wyandotte County: Loretta Cole, clerk

**We say goodbye to these employees:**

Harvey County: Carmen Goering Loeffler, RN  
Leavenworth County: Debbie Spears, WIC coordinator  
Meade County: Eva Ernst, translator  
Reno County: Michelle Schrag, clerk  
Southwest KS WIC: Monica Roman, clerk  
Southwest KS WIC: Elsa Erves, clerk

Congratulations to Gay Hersch, clerk from Wilson County on her recent retirement. She had worked with the WIC program since 1985.



State Agency News

Congratulations to Pat Dunavan and Patrice Thomsen on their recent KPHA award. They received the KPHA health promotion award for the development of the physical activity kits distributed at the Spring WIC Technical meeting.

*Congratulations*



### Check This Out!

Pat Dunavan, Nutrition Education  
Specialist

[www.geocities.com/HotSprings/Falls/1136/webdoc24.htm](http://www.geocities.com/HotSprings/Falls/1136/webdoc24.htm)

For anyone who wants ammunition about the healthcare savings of breastfeeding versus formula feeding, here is a resource on the Internet that can help you. The Breastfeeding Committee for Canada's web site features an annotated bibliography of articles and studies on the cost comparisons of breastfeeding versus formula feeding dating from 1992 to 1999.

<http://ctb.ukans.edu> Need help with community assessment or grant writing? Then this is the site for you. The University of Kansas Work Group on Health Promotion and Community Development has a wonderful site called the Community Tool Box. It provides help on community assessment, strategic planning, grant writing and much more.

[www.nutritionexploration.org](http://www.nutritionexploration.org) The National Dairy Council site has a variety of materials that support your nutrition education efforts. There are sections for children, parents, professionals, recipes, and an online catalog.

[www.co.mohave.az.us/1moweb/dept\\_files/health.htm](http://www.co.mohave.az.us/1moweb/dept_files/health.htm)

Want to check out the next generation of nutrition education efforts? Then check out this site produced by the Mohave County WIC program. Online nutrition education lessons are provided for WIC participants and the results submitted online to the WIC office. They can be completed from any computer with internet access.



## Philosophical Basis for Children and Weight Projects

Joanne Ikeda, MA, RD, University of California, Berkely

- ® We recognize each child as a unique individual, and each family as a unique group of individuals.
- ® We celebrate differences in body size and shape among children and adults.
- ® We view all bodies as good bodies. There is no such thing as a bad body.
- ® We respect the bodies of others even though they might be different from our own. We encourage children to demonstrate respect for the bodies of others.
- ® We believe that approaches to decreasing pediatric obesity must be based on sound scientific research.
- ® We believe that the best way to decrease obesity is to create environments that promote healthy lifestyles.
- ® We promote body satisfaction, high self-esteem, and a positive body image for children and adults.
- ® We believe that the vast majority of parents love their children and are committed to fostering their health and welfare.
- ® We know that our children are our future; we are strongly committed to caring for them and creating a world in which they can thrive.

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